

# ASHTANGA•YOGA•ASANA

STUDY BOOK 2



## Pose by pose

### 1. Samasthiti or Equal Standing Pose

Sanskrit translation:

- *Sama* = Equal/Upright/Straight/Level/Balanced
- *Sthiti* = Stand



Samasthiti teaches us to remain calm and undisturbed by creating a straight line within our body that keeps us balanced. Finding stillness in the body we create stillness in the mind. It's the base from which all poses emerge.

## 2. Urdhva Hastasana or Raised Hands Pose

Sanskrit translation:

- *Urdhva* = *Upwards*
- *Hasta* = *Hands*



Urdhva Hastasana is considered a base pose and is the first asana in Surya Namaskara. It's a full body stretch; helps boost energy in the whole body and prepares the body for more intense yoga poses, that's why it's included in flow

yoga sequences.

### 3. Uttanasana A or Standing Forward Bend A Pose

Sanskrit translation:

- *Uttana* = *Intense stretch*





#### 4. Uttanasana B or Standing Forward Bend B Pose

Sanskrit translation:

- *Uttana* = *Intense stretch*



## 5. Chaturanga Dandasana or Four-limbed Staff Pose

Sanskrit translation:

- *Chatur* = *Four*
- *Anga* = *Limb*
- *Danda* = *Staff/Stick*



## 6. Urdhva Mukha Svanasana or Upward Facing Dog Pose

Sanskrit translation:

- *Urdhva* = *Up*
- *Mukha* = *Face*
- *Svan* = *Dog*



## 7. Adho Mukha Svanasana or Downward Facing Dog Pose

Sanskrit translation:

- *Adho* (derived from *adhas*) = Down
- *Mukha* = Face
- *Svan* = Dog





## 8. Utkatasana or Chair Pose / Powerful Pose

Sanskrit translation:

- *Utkata* = *Powerful, fierce*



To the external eye, it looks like we are sitting on an imaginary chair, that's why it's usually called Chair Pose. However, when you do this deep squat you understand its Sanskrit translation, Powerful Pose. It immediately engages your legs, back and ankles, teaching you how to find your seat of power within your pelvis.

## **9. Virabhadrasana A or Warrior Pose A**

Sanskrit translation:

- *Virabhadra = Name of a powerful warrior in Hindu mythology*

- *Vira = Hero*

- *Bhadra = Friend*



Virabhadrasana A is a standing asana that requires balance, strength and flexibility. Virabhadra is the name of a fierce warrior who was created by Lord Shiva to avenge his beloved wife's death. This pose commemorates the spiritual warrior, and allows us to symbolically slay our enemies, whether they are internal demons or external challenges. It represents the destruction of evil, ignorance and delusion.

**Primary Series:**

**Standing Asanas**



## **Padangusthasana / Big Toe Pose**

*Pada = Foot Angustha = Big Toe*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:





## **Padahasthasana / Hand Under Foot Pose**

*Pada = Foot   Hasta = Hand*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Utthita Trikonasana / Extended Triangle Pose**

*Utthita = Extended    Trikona = Triangle*

Benefits:

Contraindications:

Adjustment:

Alignment:



## **Parivrtta Trikonasana / Revolved Triangle Pose**

*Parivrtta = To turn around    Trikona = Triangle*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## **Utthita Parsvakonasana / Extended Side Angle Pose**

*Utthita = Extended   Parsva = Side   Kona = Angle*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## **Parivrtta Parsvakonasana / Revolved Side Angle Pose**

*Parivrtta = To turn around   Parsva = Side   Kona = Angle*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**





## **Prasarita Padottanasana A / Wide-legged Forward Bend Pose A**

*Prasarita = Expanded Pado = Foot Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**

## **Prasarita Padottanasana B / Wide-legged Forward Bend Pose B**

*Prasarita = Expanded Pado = Foot Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Prasarita Padottanasana C / Wide-legged Forward Bend Pose C**

*Prasarita = Expanded Pado = Foot Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Prasarita Padottanasana D / Wide-legged Forward Bend Pose D**

*Prasarita = Expanded Pado = Foot Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Parsvottanasana / Intense Side Stretch Pose**

*Parsva = Side Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:





### **Utthita Hasta Padangusthasana A -D / Standing Hand to Big Toe Pose**

*Utthita = Extended Hasta = Hand Pada = Foot Angustha = Big Toe*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Ardha Baddha Padmottanasana /**

### **Half Bound Lotus Standing Forward Bend Pose**

*Ardha = Half Baddha = Bound Padma = Lotus*

*Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## **Utkatasana / Chair Pose or Powerful Pose**

*Utkata = Powerful, fierce*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## **Bakasana / Crane Pose**

*Baka = Crane*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Virabhadrasana A / Warrior Pose A**

*Virabhadra = Powerful warrior in Hindu mythology*

*Vira = Hero Bhadra = Friend*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

Breath:

## **Virabhadrasana B / Warrior Pose B**

*Virabhadra = Powerful warrior in Hindu mythology*

*Vira = Hero Bhadra = Friend*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

# **Sitting Asanas**





## **Dandasana / Staff Pose**

*Danda = Staff, Stick*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



### **Paschimottanasana A/ Seated Forward Bend Pose A**

*Paschima = West, back part of the body   Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**



## **Paschimottanasana B/ Seated Forward Bend Pose B**

*Paschima = West, back part of the body   Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## **Paschimottanasana C/ Seated Forward Bend Pose C**

*Paschima = West, back part of the body   Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Purvottanasana / Upward Plank Pose**

*Purva = East, front part of the body   Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**

## ***VINYASA TO SITTING***



### **Ardha Baddha Padma Paschimottanasana /**

### **Half Bound Lotus Forward Bend Pose**

*Ardha = Half Baddha= Bound Padma = Lotus*

*Paschima = West, back part of the body Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## ***VINYASA TO SITTING***



### **Triang Mukhaikapada Paschimottanasana /**

#### **Three Parts Forward Bend Pose**

*Triang = Three Limbs Mukha = Face Eka = One Pada = Foot*

*Paschima = West, back part of the body Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## ***VINYASA TO SITTING***



### **Janusirsasana A / Head-to-Knee Pose A**

*Janu = Knee Sirsa = Head*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Janusirsasana B / Head-to-Knee Pose B**

*Janu = Knee Sirsa = Head*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Janusirsasana C / Head-to-Knee Pose C**

*Janu = Knee   Sirsa = Head*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## ***VINYASA TO SITTING***



### **Marichyasana A / Sage Twist Pose A**

*Marichi = Name of a Hindu Sage*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

Breath:

### ***VINYASA TO SITTING***



### **Marichyasana B / Sage Twist Pose B**

*Marichi = Name of a Hindu Sage*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Marichyasana C / Sage Twist Pose C**

*Marichi = Name of a Hindu Sage*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**

## ***VINYASA TO SITTING***



### **Marichyasana D / Sage Twist Pose D**

*Marichi = Name of a Hindu Sage*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## ***VINYASA TO SITTING***



### **Navasana / Boat Pose**

*Nava = Boat*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## ***VINYASA TO SITTING***



### **Bhujapidasana A-B/ Shoulder-Pressing Pose**

*Bhuja = Shoulder, Arm Pida = Pressure*

Benefits:

Contraindications:

Adjustment:

Alignment:

## ***VINYASA TO SITTING***



### **Tittibhasana / Firefly Pose**

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Kurmasana / Turtle or Tortoise Pose**

*Kurma = Turtle, Tortoise*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## **Supta Kurmasana / Sleeping Turtle (Tortoise) Pose**

*Supta = Reclining, Reclined Kurma = Turtle, Tortoise*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***

### **Garbha Pindasana / Embryo in Womb Pose**

*Garbha = Womb Pinda = Embryo*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## **Kukkutasana / Rooster Pose**

*Kukkuta = Rooster*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

***VINYASA TO SITTING***





## **Baddha Konasana / Bound Angle Pose A-B**

*Baddha = Pound Kona = Angle*

Benefits:

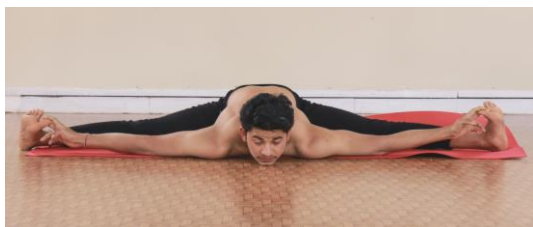
Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***



### **Upavistha Konasana / Wide-Angle Sitting Pose A-B**

*Upavistha = Seated, Sitting   Kona = Angle*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO LYING DOWN***



### **Supta Konasana / Reclining Angle Pose A-B**

*Supta = Reclining, Reclined Kona = Angle*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**

## ***VINYASA TO LYING DOWN***



### **Supta Padangusthasana / Reclining Hand to Big Toe Pose A-C**

*Supta = Reclining, Reclined Pada = Foot Angustha = Big Toe*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## ***VINYASA OR CHAKRASANA TO LYING DOWN***



### **Ubhaya Padangusthasana A-B / Both Big Toe Pose**

*Ubhaya = Both Pada = Foot Angustha = Big Toe*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

## ***VINYASA TO LYING DOWN***



### **Urdhva Mukha Paschimottanasana A-B /**

### **Upward Facing Forward Bend Pose**

*Urdhva = Upwards Mukha = Face*

*Paschima = West, back part of the body Uttana = Intense Stretch*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**

## ***VINYASA OR CHAKRASANA TO LYING DOWN***

### **Setu Bandhasana / Bridge Pose**

*Setu = Bridge Bandha = Lock*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA OR CHAKRASANA TO LYING DOWN***



## **Urdhva Dhanurasana / Upward Bow or Wheel Pose**

*Urdhva = Upwards Dhanura = Bow*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



# Finishing Asanas



## **Paschimottanasana / Seated Forward Bend Pose**

*Paschima = West, back part of the body   Uttana = Intense Stretch*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## **Salamba Sarvangasana / Shoulderstand Pose**

*Salamba = Supported    Sarva = All    Anga = Limb*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Halasana / Plow Pose**

*Hala = Plow*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Karnapidasana / Ear Pressure Pose**

*Karna = Ear Pida = Pressure*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Urdhva Padmasana / Upward Lotus Pose**

*Urdhva = Upwards Padma = Lotus*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## **Pindasana / Embryo Pose**

*Pinda = Embryo*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Matsyasana / Fish Pose**

*Matsya = Fish*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:





## **Uttana Padasana / Extended Leg Pose**

*Uttana = Intense Stretch Pada = Foot*

**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

**Breath:**



## **Sirsasana / Headstand Pose**

*Sirsa = Head*

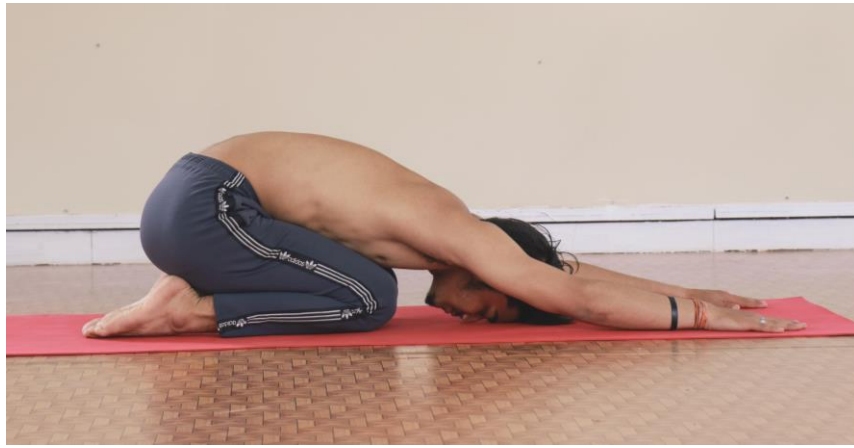
**Benefits:**

**Contraindications:**

**Adjustment:**

**Alignment:**

Breath:



## **Balasana / Child Pose**

*Bala = Child*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO SITTING***

### **Yoga Mudra / Sealed Yoga Pose**

*Mudra = Seal*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Padmasana / Lotus Pose**

*Padma = Lotus*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:



## **Utpluthih / Uprooting Pose**

*Utplu = To rise or jump up*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath:

## ***VINYASA TO LYING DOWN***



### **Savasana / Corpse Pose**

*Sava = Corpse*

Benefits:

Contraindications:

Adjustment:

Alignment:

Breath: